

Current Relevance of Cardiovascular Diseases

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Abstract: Nowadays, cardiovascular diseases are developing very negatively. This disease is very difficult for people nowadays, how long will it take to recover and how much money will it cost to recover. What is the history of the origin of these diseases. About the treatment of the patient and the process used in his treatment.

Purpose: To prevent cardiovascular diseases and to develop measures against them.

Key words: Heart diseases, increased heart defects, arterial hypertension, correct treatment, incorrect treatment.

Heart disease (heart disease)- is a group of pathologies related to the cardiovascular system, manifested by a violation of the normal activity of the heart. Such diseases may be caused by damage to the epicardium, pericardium, myocardium, endocardium, valve apparatus of the heart and blood vessels. Heart diseases can be hidden for a long time, without any clinical picture. Along with various tumors, it is one of the main causes of early death in developed countries today. According to the Framingham National Heart, Lung and Blood Institute (USA) research, the most important factors in the development of cardiovascular diseases in people are obesity, sedentary lifestyle and smoking.

Heart diseases can be conditionally divided into three large groups according to the site of damage:

1. Diseases affecting the valve apparatus of the heart. Includes various acquired and congenital heart defects.
2. Diseases affecting blood vessels of the heart and their consequences. This includes ischemic heart disease, myocardial infarction, angina pectoris, etc.
3. Diseases that directly affect the tissue of the heart shell, including pericarditis, endocarditis, and myocarditis.

The causes of such diseases include a wide range of factors, from lifestyle to genetic defects.

INFLAMMATORY DISEASES OF THE HEART

- Endocarditis;
- Myocarditis;
- Pericarditis.

Endocarditis occurs in the presence of the following conditions: temporary bacteremia, damage to the endocardium and vascular endothelium, changes in hemostasis and hemodynamics, in cases of impaired immunity. Bacteremia can develop with an existing chronic infection or invasive medical procedures.

COMMON HEART DEFECTS Among the most common are heart valve defects. Dysfunction of the heart valves means that they move blood backwards or don't open enough. Most often, heart valve diseases are the result of infectious damage or autoimmune reactions. Congenital heart defects occur due to various genetic diseases or damage to the fetus during dys embryogenesis. Among them, the most serious form is tetrad of Fallot. In this case, hemodynamics is disturbed, blood flow to the lungs decreases, and venous blood passes from the right ventricle to the aorta. Four factors play a role in its development:

Arterial hypertension, or high blood pressure, is a serious condition that increases the risk of heart attacks and strokes. During the contraction of the heart, the pressure in the arteries of an adult is 120-140 mm. sim. is 80-90 mm during expansion. sim. falls on ust. If these indicators increase, it is a sign of high blood

pressure and can have very serious consequences. In developed countries, the number of people suffering from hypertension is much higher. In 90% of cases, this disease does not occur due to an easily eliminated cause, therefore, a comprehensive approach to treatment is necessary. Ultrasound, angiography, CT, MRI (kidney, adrenal gland, heart, brain), biochemical indicators and blood hormones, and blood pressure control are necessary to determine the causes of arterial hypertension. Treatment consists of medical or surgical treatment of the underlying cause.

In hypertension, medical treatment measures are almost ineffective, it is accompanied by myasthenia attacks, sweating, paresthesia, thirst, nocturia. Acute left ventricular failure (cardiac asthma, pulmonary edema), strokes, and hypertensive crises can occur through the development of hypokalemic heart paralysis.

Unlike independent essential (primary) hypertension, secondary arterial hypertension is a symptom of the diseases that caused them. Arterial hypertension syndrome accompanies more than 50 diseases. Among the total number of hypertensive cases, the share of symptomatic arterial hypertension is about 10%. The course of symptomatic arterial hypertension is characterized by signs that allow to distinguish them from essential hypertension (hypertension):

- The age of patients is under 20 years and over 60 years;
- Sudden development of arterial hypertension with constant high blood pressure;
- Poor quality, rapid development;
- Development of sympathoadrenal crisis (crisis);
- Having etiological diseases in the anamnesis;
- Bad reaction to standard therapy;
- Increased diastolic pressure in renal arterial hypertension.

The development of a drug-dependent form of arterial hypertension can cause spasm of blood vessels, blood viscosity, sodium and water retention, the effect of drugs on the renin-angiotensin system, etc. Intranasal drops and agents containing adrenomimetics and sympathomimetics (pseudoephedrine, ephedrine, phenylephrine) can cause hypertension. Taking non-steroidal anti-inflammatory drugs causes the development of arterial hypertension due to fluid retention and inhibition of prostaglandin synthesis, which has a vasodilating effect. Oral contraceptives containing estrogens have a stimulating effect on the renin-angiotensin system and cause fluid retention. Secondary arterial hypertension develops in 5% of women who use oral contraceptives.

Rules for proper treatment or treatment of cardiovascular diseases. The most common mistakes in the treatment of heart diseases. It is very common for a person with cardiovascular disease to doubt the effectiveness of the prescribed medication. Some, for example, suspect that they are not getting the best medicine. Such people, as a rule, are in a state of psychological discomfort, which, in turn, does not have a good effect on the effect of treatment. As the doctors said, "If a person does not follow a diet, does not exercise enough, does not stop being nervous, then any medicine will not help." "If you follow these rules, then the medicine will work. All of them are approved by pharmacological committees, cardiology societies. And the doctor has the right to prescribe them in one or another situation," explained the cardiologist, advised to trust the attending physician more. As for nutrition, there should be no strict prohibitions. It is considered that any changes in the diet should occur without problems and without sharp restrictions. However, there are foods that are recommended to be included in the daily diet (and even recommended to eat several times a day). The diet should be similar to the foods you can buy on "holidays". Oily sea fish and vegetable oil should be in the list of products for every day. The doctor specifically singled out linseed, hemp and olive oils. But you should be careful to eat fried, fatty and spicy, as well as salty foods.

"Psychological comfort is extremely important in the treatment of any disease, especially cardiovascular diseases."

Dr. Qilichev

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